

**Maverick “NutriStation”  
Diet & Nutritional Kitchen Scale  
Owner’s Manual**



**Model # SC-06**

**MAVERICK®**

## INTRODUCTION

Thank you purchasing Maverick's "Nutristation" Diet and Nutritional Scale. This beautifully designed new scale calculates food weight in grams or ounces, then calculates the important nutritional information for that type of food and weight. Values you choose to measure include carbs, calories, fat, and cholesterol. Includes a sequential memory feature that allows you to build a meal item by item, adding up the nutritional information as you go. Great for diets and portion control.

Also features a self adjusting "tare" that recalculates weight as 0 with any empty container or board you place on the glass shelf, which itself is removable for cleaning.

### Features:

- Weighs and nutritionally analyzes over 900 foods.
- Self adjusting "tare" feature
- Measure for weight, carbs, fat, calories, and cholesterol
- Batteries included
- Sequential memory allows you to "build a meal"
- Fold-away door hides display and controls
- 3 Kg or 6.6 Lbs capacity

## IMPORTANT SAFEGUARDS

Follow the basic safety precautions for any home appliance when using this scale.

The unit is not waterproof. Do not expose to rain or moisture.

Do not disassemble the scale. The scale does not contain any parts that can be repaired by the user.

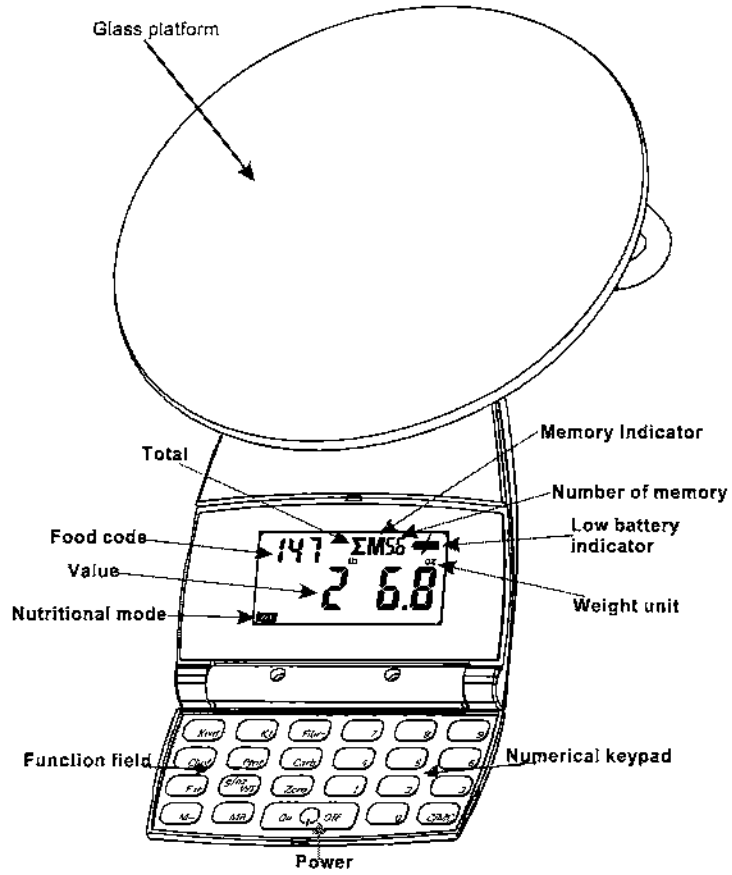
Read all instructions before using the scale.

Use the scale for only its intended purpose.

The mean values for the nutritional components of over 900 foods are programmed in the Nutristation via 3 digit code.

The scale is for household use only.

**FUNCTION DESCRIPTION**



P2/38

## KEYBOARD DESCRIPTION

1. Numerical keypad  
0,1,2,3,4,5,6,7,8,9

2. Function Keys

i) **NUTRITION KEY:**

Kcal -Key for indication of the Kilocalories  
KJ -Key for indication of the Kilojoules  
Prot -Key for indication of the Protein value  
Fat -Key for indication of the Fat Value  
Carb -Key for indication of the Carbohydrate  
Chol -Key for indication of the Cholesterol value  
Fibre -Key for indication of the Fibre value

ii) **OTHER FUNCTION KEYS:**

M+ -Key for indication of the save  
MR -Key for indication of the recall memory

**ON/OFF**

For power on, press this key once, the LCD display will show full segments 2 seconds.  
For power off, press this key again to switch off the scale.

**G/oz/WT**

This key can show the interchangeable values of g, kg, oz & lb.

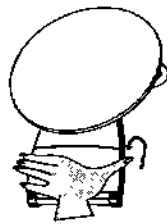
**Zero**

(Tare) means zero setting. By pressing this key, the reading will change to (0g/0oz).

**C/MC**

Press this key in weighing mode to clear all memories or clear the wrong food code.

## OPERATION



Open the cover



Press the **ON/OFF** button  
to turn the scale on



The LCD display show full  
segments for about 2 seconds,  
and then enter weight mode.

#### **USE (Zero) MODE**

When using a plastic bowl to weigh products, it should be placed on the glass platform before switching on the scale, or you can press **Zero** button to eliminate the weight of the bowl.

When the display shows (0g/0oz), the scale is ready for weight.

**Note:** Press the **Zero** button with weight on the scale to make the scale reading to be set to zero. The scale will display a negative reading once you remove all items from the scale.

#### **WEIGHING**

Switch on the scale by pressing **ON/OFF** key, when 0g/0oz shown on the display, place the food on the Scale platform and read the value shown on the display.

**Note:** The scale will turn off automatically after idle for 60 seconds.

#### **Overweight:**

The maximum weight that the scale can weigh is 3kg. Weighing an item of more than 3.5kg. The scale will display (Error). It means the item exceeds the scale's weighting capacity.

**Caution:** Remove the overweight item from the scale platform to avoid damaging to the scale.

#### **ENTER FOOD CODE**

- 1) Find 3-digit food code from follow "food code list".
- 2) Using number keypad to input food code. The code number is shown on the upper left of the display.
- 3) Press C/MC to delete wrong digit input. The code is confirmed once all 3 digits are input.
- 4) Press C/MC after 3-digit input to clear food code and to enter new code.

**Note:** There are totally 565 codes in the food list (from 001 to 1000). If you input an invalid code (e.g. >1000), the display will show (Errcd). Press C/MC to clear and input the code again.

#### **GET NUTRITIONAL READINGS**

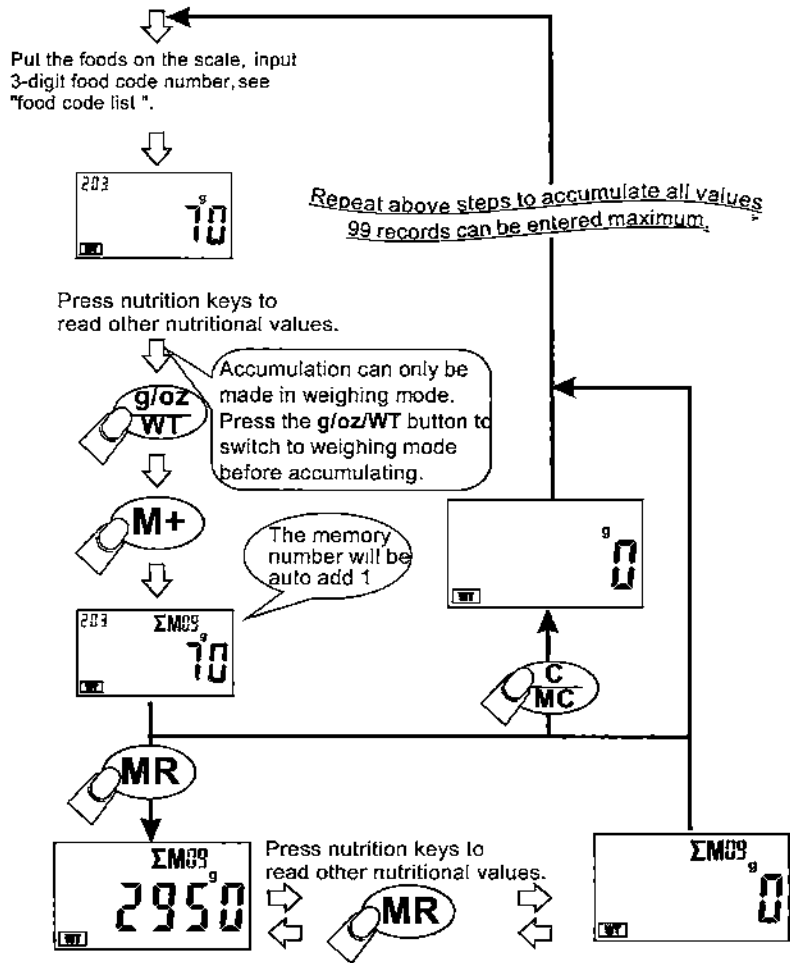
Place the food on the Scale, then enter the Food Code in 3 digits. By pressing **KCAL**, **KJ**, **PROT**, **FAT**, **CARB**, **CHOL**, **FIBRE**, you can get the nutritional readings.

#### **SAVE THE NUTRITIONAL READINGS**


If you wish to know total nutritional value per meal or per day, you can save the values for all foods weighed.


- 1) After weighing and inputting food code, press (M+) to save it into memory. **M01** will be shown for 1<sup>st</sup> record.
- 2) Press (C/MC) to clear the previous food code and reenter the food code for 2<sup>nd</sup> food.
- 3) When weighing 2<sup>nd</sup> food, press (M+) to save into memory for 2<sup>nd</sup> food. (**M02**) will be shown.
- 4) Repeat above steps to accumulate all values, 99 records can be entered maximum.

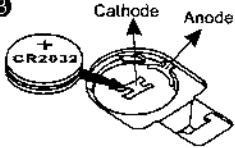
**SAVE THE NUTRITIONAL READINGS & RECALL MEMORY**

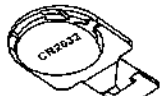



**CHANGE BATTERY**

1  Turn the scale back. But first, you should take away the glass platform.

2  Open the battery cover.

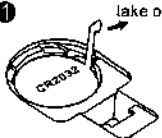
3  Cathode Anode  
Insert 2 x CR2032 lithium batteries

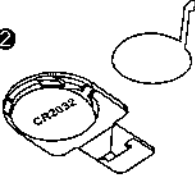
4  The batteries should be placed in the middle of the anode & the cathode.

5  Close the battery cover.

**ATTENTION**

Take out the nonconductor before using the scale.

1  Take out

2 

**Note:**

1). Please take the batteries out if the scale isn't use for a long time.

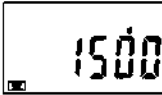
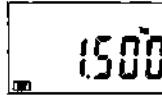


2). The battery should, when it is no longer capable of functioning be disposed with least possible environmental damage. The battery should be disposed according to the local regulations in your municipality, in most cases you can detruce the battery at your local recycling centre.

**CONVERT THE WEIGHING UNIT**


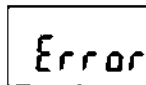
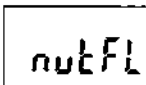
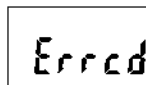
There are 4 weight units in the scale: g, kg, oz, & lb/oz.

Press the (g/oz/WT) key repeatedly to convert from g / kg / oz / lb&oz.

Displays 4 modes:

			
'g' mode 1500g	'kg' mode 1.5kg	'oz' mode 17.6oz	'lb/oz' mode 1lb 1.6oz

**ERROR MESSAGES**

			
Replace battery	Overload (weight over 3.5kg)	Nutrition value overflow (max. Limit 199999)	Food code exceeds 1000

## NUTRITIONAL SCALE-FOOD GROUPS&VALUES

FOOD NAME	FOOD#	FOOD NAME	FOOD#
<b>BEVERAGES</b>		<b>DAIRY PRODUCTS</b>	
Alcoholic		Cheese, natural	
Beer, regular	001	Blue	030
Beer, Lite	002	Camembert	031
Gin. rum, vodka, whiskey(80 proof)	003	Cheddar	032
Liqueur, coffee (53 proof)	004	Shredded	033
Pina Colada	005	Cheese,Cottage,(4%) large cured	034
Wine, red	006	Cheese,Cottage,(4%) small cured	035
Wine, white	007	Cheese,Cottage,.low fat(2%)	036
Carbonated		Cheese,Cottage,.low fat(1%)	037
Cola type	008	Cheese,Cottage,uncreamed(dry curd,less than 1/2 % fat)	038
		Cream, regular	039
Ginger ale	009	Cream,.low fat	040
Grape soda	010	Cream,fat free	041
Lemon lime soda	011	<b>Feta</b>	042
Orange soda	012	Low fat, Cheddar or Colby	043
Root beer soda	013	Mozzarella,whole milk	044
Chocolate powder mix	014	Mozzarella,part skim milk (low moisture)	045
Cocoa powder	015	Muenster	046
Coffee		Neufchâtel	047
Brewed	016	Parmesan, grated	048
Espresso	017	Provolone	049
Instant prepared	018	Ricotta, whole milk	050
Fruit drinks		Ricotta, part skim milk	051
Cranberry juice cocktail	019	Swiss	052
Fruit punch drink	020	Pasteurized process	
Grape drink	021	American, regular	053
Lemonade,frozen concentrate,prepared	022	American,fat free	054
Lemonade,powder,regular with water	023	Swiss	055
Tea		Cream,sweet	
Black	024	Half and half	056
Chamomile	025	Light coffee,or table	057
Other than chamomile	026	Whipping,unwhipped	058
Instant,powder,prepared,unsweetened	027	Light	059
Sweetened, lemon flavor	028	Heavy	060
Sweetened with saccharin, lemon flavor	029	Whipped topping (pressurized)	061



FOOD NAME	FOOD#	FOOD NAME	FOOD#
<b>DAIRY PRODUCTS CONT.</b>			
Cream, sour		Shake,thick,vanilla	092
Regular	062	Yogurt	
Reduced fat	063	Lowfat milk, fruit flavored	093
Fat free	064	Lowfat milk, plain	094
Cream product,sweet		Nonfat milk, fruit flavored	095
Powdered	065	Nonfat milk, plain	096
Whipped topping, frozen	066	Whole milk, plain	097
Powdered with whole milk	067	Nonfat milk, low cal sweetener,vanilla or lemon	098
Pressurized	068	<b>EGGS</b>	
Frozen dessert		Raw, whole	099
Yogurt, soft serve, chocolate	069	Raw,white	100
Yogurt,soft serve, vanilla	070	Raw, yolk	101
		Fried,in margarine,with salt	102
Ice cream, chocolate	071	Hard cooked, no shell	103
Ice cream, vanilla	072	Poached,with salt	104
Ice cream light, vanilla	073	Scrambled, margarine, whole milk, salt	105
Ice cream, low fat, chocolate	074	Substitute,liquid	106
Ice cream, vanilla	075	<b>FATS &amp; OILS</b>	
Ice cream, soft serve, vanilla	076	Butter	
Sherbert, orange	077	Salted	107
MILK		Unsalted	108
Fluid		Lard	109
Whole(3.3% fat)	078	Margarine,salt	
Reduced fat(2%)	079	Regular (80% fat), hard	111
Lowfat(1%)	080	Regular (80% fat), soft	112
Nonfat (skim)	081	Spread (60% fat), hard	113
Buttermilk	082	Spread (60% fat), soft	114
Canned		Spread(40% )	115
Condensed, sweetened	083	Butter blend	116
Evaporated, whole milk	084	Oils,salad or cooking	
Evaporated skim milk	085	Canola	117
Dried, Buttermilk	086	Corn	118
Milk beverage chocolate, commercial		Olive	119
Whole	087	Peanut	120
Reduced fat (2%)	088	Safflower	121
Lowfat (1%)	089	Sesame	122
Milk beverage		Soybean hydrogenated	123
Eggnog (commercial)	090	Sunflower	124
Shake,thick, chocolate	091		

FOOD NAME	FOOD#	FOOD NAME	FOOD#
<b>Salad dressings, commercial</b>		<b>Oyster, raw meat only</b> 159	
Blue cheese, regular	125	Oyster, breaded, fried	160
Blue cheese, low cal	126	Rockfish, baked or broiled	161
Caesar, regular	127	Rockfish, baked or broiled	162
Caesar, low cal	128	Roughy, orange, baked or broiled	163
French, regular	129	Salmon, baked or broiled	164
French, low cal	130	Salmon, canned (pink), solids & liquid (incl. bones)	165
Italian, regular	131	Smoked (Chinook)	166
Italian, low cal	132	Sardine, Atlantic, canned in oil, Drained solids (incl. Bones)	167
Mayonnaise, regular	133	Scallop cooked, breaded, Fried	168
Mayonnaise, light, cholesterol free	134	Scallop steamed	169
Mayonnaise, fat free	135	Shrimp, Breaded, fried	170
Russian, low cal	136	Shrimp canned, drained solids	171
Russian, low cal	137	Swordfish, baked or broiled	172
Thousand Island, regular	138	Trout, baked or broiled	173
Thousand Island, low cal	139	Tuna, baked or broiled	174
Salad dressings, home made recipe		Tuna canned, drained solids, oil pack, Chunk light	175
Salad dressings, recipes, French	140	Tuna canned, drained solids, Water pack, chunk light	176
Salad dressings, recipes, Vinegar & oil	141	Tuna canned, drained solids, Water pack, solid white	177
Hydrogenated soybean & cottonseed oil	142	Tuna salad: light tuna in oil, Pickle Relish, mayo type salad dressing	178
<b>FISH &amp; SHELLFISH</b>		<b>FRUITS &amp; FRUIT JUICES</b>	
Carfish, breaded, fried	143	Apples raw, unpeeled	179
Clam raw meat	144	Apples raw, peeled, sliced	180
Clam, breaded, fried	145	Apples dried	181
Clam, canned, drained solids	146	Apple juice, bottled or canned	182
Cod, baked or broiled	147	Applesauce, canned, sweetened	183
Crab, Alaskan, steamed	148	Applesauce, canned, unsweetened	184
Canned crab meat	149	Apricots, raw, without pits	185
Crab cake, egg, onion, margarine, fried	150	Apricot canned, halves, fruit & liquids, Heavy syrup	186
Fish fillet, battered or breaded or fried	151	Apricot canned, halves, fruit & liquids, Juice pack	187
Fish stick & portion, breaded, Frozen, reheated	152	Apricots, Dried, sulfured	188
Flounder or Sole, baked or broiled	153	Asian pear, raw	189
Haddock, baked or broiled	154	Avocados, raw, without skin & seed	190
Halibut, baked or broiled	155		
Herring, pickled	156		
Lobster, steamed	157		
Ocean perch, baked or broiled	158		

FOOD NAME	FOOD#	FOOD NAME	FOOD#
<b>FRUITS &amp; FRUITJUICES cont.</b>		<b>Lemon juice, raw</b>	221
Bananas, raw, whole	191	<b>Lemon juice, canned or bottled, unsweetened</b>	222
Blackberries, raw	192	<b>Lime juice, raw</b>	223
Blueberries, raw	193	<b>Lime juice, canned, unsweetened</b>	224
Blueberries, frozen, sweetened, thawed	194	<b>Mangos, raw, without skin &amp; seed, whole</b>	225
Carabola (starfruit), raw	195	<b>Cantaloupe, wedge, without rind</b>	226
Cherries, sour, red, pitted, canned, Water pack	196	<b>Honeydew, Wedge, without rind</b>	227
Cherries, sweet, raw, without Pits & stems	197	<b>Nectarines, raw</b>	228
Cherry pie filling, canned	198	<b>Oranges, raw, without peel &amp; seeds</b>	229
Cranberries, dried, sweetened	199	<b>Orange juice</b>	
Cranberry sauce, sweetened, canned	200	<b>Raw, all varieties</b>	230
Dates, without pits, whole	201	<b>Canned, unsweetened</b>	231
Figs Dried	202	<b>Chilled</b>	232
Fruit cocktail, canned, fruit & liquid, Heavy syrup	203	<b>Undiluted</b>	233
Fruit cocktail, canned, fruit & liquid Juice pack	205	<b>Diluted</b>	234
Grapefruit, raw without peel, Membrane & seeds, pink or red	206	<b>Papayas, raw</b>	235
Grapefruit, raw without peel, Membrane & seeds, white	207	<b>Peaches, raw</b>	236
Grapefruit, raw without peel, membrane & seeds, canned, sections, Light syrup	208	<b>Peaches, canned, heavy syrup</b>	237
Grapefruit juice		<b>Peaches, canned, juice pack</b>	238
Raw, Pink	209	<b>Peaches, dried</b>	239
Raw, White	210	<b>Pears, raw</b>	240
Raw, canned, unsweetened	211	<b>Pears, canned, heavy syrup</b>	241
Raw, canned, sweetened	212	<b>Pears, canned, juice pack</b>	242
Raw, frozen, concentrate, unsweetened, undiluted	213	<b>Pineapple, raw, diced</b>	243
Raw, frozen, concentrate, unsweetened, diluted	214	<b>Pineapple, canned, heavy syrup, Crushed, sliced or chunks</b>	244
Grapes, seedless, raw	215	<b>Pineapple, canned, heavy syrup, Slices</b>	245
Grape juice, canned or bottled	216	<b>Pineapple, canned, juice pack, crushed, sliced or chunks</b>	246
Grape juice, frozen concentrate, sweetened, undiluted	217	<b>Pineapple, canned, juice pack, slices</b>	247
Grape juice, frozen concentrate, sweetened, diluted	218	<b>Pineapple juice, unsweetened, canned</b>	248
Kiwi fruit, raw, without skin	219	<b>Plantain, without peel, raw</b>	249
Lemons raw, without skin	220	<b>Plums, raw</b>	250
		<b>Prunes, dried, pitted, uncooked</b>	251
		<b>Prunes, Stewed, unsweetened, fruit &amp; liquid</b>	252
		<b>Prune juice, canned or bottled</b>	253
		<b>Raisins, seedless</b>	254
		<b>Raspberries, raw</b>	255

FOOD NAME	FOOD#	FOOD NAME	FOOD#
Raspberries, frozen, sweetened, thawed	256	Bread crumbs, dry, grated, seasoned, unenriched	295
Rhubarb, frozen, cooked with sugar	257	Bread stuffing, dry mix	296
Strawberries, raw, large	258	Breakfast bar, cereal cereal crust, fruit filling, fat free	297
Strawberries, raw, medium	259	Breakfast cereal, cooked, corn grits, enriched	
Strawberries, frozen, sliced, thawed	260	White	298
Tangerines, raw, without peels & seeds	261	Yellow	299
Mandarin oranges, light syrup	262	Instant, plain	300
Watermelon, raw, wedges	263	Cream of wheat	
<b>GRAIN PRODUCTS</b>		Regular	301
Bagels, plain	264	Quick	302
Bagels, cinnamon raisin	265	Mix'n Eat, plain	303
Bagels, egg	266	Oatmeal, regular, quick or instant, plain, nonfortified	304
Banana bread, recipe, margarine	267	Oatmeal, instant, fortified, plain	305
Barley, pearled, uncooked	268	Quaker Instant, Apples & Cinnamon	306
Biscuits		Quaker Instant, Maple & Brown Sugar	307
Plain or buttermilk, recipe, 2% milk	269	Wheatena	308
Refrigerated dough, baked, regular	270	Breakfast cereals, ready to eat	
Breads enriched		All Bran	309
Cracked wheat	271	Apple Cinnamon, Cheerios	310
Egg bread	272	Apple Jacks	311
French or Vienna (incl. Sourdough)	273	Basic 4	312
Indian fry bread	274	Cap'n Crunch	313
Italian bread	275	Cheerios	314
Mixed grain, untoasted	276	Chex, Corn	315
Oatmeal, untoasted	277	Chex, Honey Nut	316
Pita	278	Chex, Multo Bran	317
Pumpkinseed, untoasted	279	Chex, Rice	318
Raisin, untoasted	280	Chex, Wheat	319
Rye, untoasted	281	Cinnamon Life	320
Rye, reduced calorie	288	Cocoa Krispies	321
Wheat, untoasted	289	Cocoa Puffs	322
Wheat, reduced calorie	290	Cornflakes, General Mills, Total	323
White, untoasted	299	Cornflakes, Kellogg's	324
White, soft crumbs	291	Corn Pops	325
White, reduced calorie	292	Crispix	326
Whole wheat, untoasted	293	Complete Wheat Bran Flakes	327
Bread crumbs, dry, grated, plain enriched	294	Froot Loops	328
		Frosted Flakes	329

FOOD NAME	FOOD#	FOOD NAME	FOOD#
<b>GRAIN PRODUCTS CONT.</b>		<b>DAIRY PRODUCTS</b>	
Frosted Mini Wheats, regular	330	Boston Cream	366
Frosted Mini Wheats, bite size	331	Chocolate with chocolate frosting	367
Golden Grahams	332	Coffeecake, crumb	368
Honey Nut Cheerios	333	Fruitcake	369
Honey Nut Clusters	334	Pound, Butter	370
Kix	335	Pound, fat free	371
Life	336	Snack cakes	
Nature Valley, Granola	337	Chocolate, crème filled, frosting	372
100% Natural Cereal, oats,		Chocolate, frosting, low fat	373
Honey & raisins	338	Yellow, with chocolate frosting	374
100% Natural Cereal, oats,		Cheesecake	375
Honey & raisins, low fat	339	Che Mix	376
Product 19	340	Cookies	
Puffed Rice	341	Butter, commercial	377
Puffed Wheat	342	Chocolate chip, commercial, regular	378
Raisin Bran, General Mills, Total	343	Chocolate chip commercial, reduced fat	379
Raisin Bran, Kellogg's	344	Chocolate chip, commercial,	
Raisin Nut Bran	345	Refrigerated dough	380
Rice Krispies	346	Chocolate chip, recipe, margarine	381
Shredded Wheat	350	Fig Bar	382
Special K	351	Oatmeal, commercial, with	
Quaker Toasted Oatmeal, Honey Nut	352	Or without raisins	
Total, Whole Grain	353	Regular, large	383
Wheaties	354	Soft type	384
Cakes		Fat free	385
Brownies, commercial, without		Recipe with raisins	386
icing, regular	355	Peanut butter, commercial	387
Brownies, commercial, without icing,		Peanut butter, recipe with margarine	388
fat free	356	Chocolate with crème filling	389
Brownies, dry mix, reduced cal	357	Shortbread, commercial, plain	390
Buckwheat flour, whole groat	358	Sugar, commercial	391
Cakes, dry mix, Angelfood	359	Sugar, refrigerated dough	392
Cakes, dry mix, Yellow, light, water,		Sugar, recipe, margarine	393
Egg whites, no frosting	360	Vanilla wafer, lower fat	394
Cakes, recipe		Corn chips, plain	395
Chocolate without frosting	361	Crumb, mix	396
Gingerbread	362	Crumb, recipe, 2% milk	397
Shortcake, biscuit	363	Cormeal, yellow, dry, whole grain	398
Sponge, white	364	Cormeal, degermed, enriched	399
Cakes, commercial		Cornstarch	400
Angelfood	365	Couscous, uncooked	401

FOOD NAME		FOOD NAME	
FOOD#		FOOD#	
<b>Crackers</b>			
Cheese	402	Pie crust, baked, recipe	439
Graham, plain	403	Pie crust, baked, frozen	440
Graham, Crushed	404	Pie crust, graham craker	441
Melba coast, plain	405	Pie, commercial	
Rye wafer, whole grain, plain	406	Apple	442
Saltine, square	407	Blueberry	443
Standard cracker, bite sized	408	Cherry	444
Standard cracker, round	409	Chocolate Crème	445
Wheat, thin	410	Lemon meringue	446
Whole wheat	411	Pecan	447
Croutons, seasoned	412	Pumpkin	448
Danish pastry, wheeze	413	Pie, recipe	
Danish pastry, fruit	414	Apple	449
Doughnut, cake	415	Blueberry	450
Doughnut, yeast leavened, glazed	416	Cherry	451
English muffin, plain, untoasted	417	Lemon meringue	452
French toast, recipe, 2% milk		Pecan	453
Fried in margarine	418	Pumpkin	454
French toast, frozen	419	Popcorn, air popped, unsalted	455
Granola bar, hard, plain	420	Popcorn, oil popped, salted	456
Granola bar, soft, uncoated,		Popcorn, caramel, peanuts	457
Chocolate chip	421	Popcorn, cheese flavor	458
Granola bar, soft, uncoated, raisin	422	Pretzels, stick	459
Macaroni(elbows), enriched, cooked	423	Pretzels, twisted	460
Matzo, plain	424	Rice	
Muffins		White, long grain, raw	461
Blueberry, commercial	425	White, long grain, cooked	462
Blueberry, mix	426	White, long grain, instant	463
Bran with raisins	427	Parboiled, raw	464
Corn, commercial	428	Parboiled, cooked	465
Corn, mix	429	Wild, cooked	466
Oatbran, commercial	430	Rice cake, brown rice, plain	467
Noodles, chow mein, canned	431	RICE KRISPIES Treat, square	468
Noodles(egg), enriched, cooked, regular	432	Rolls, dinner	469
Noodles(egg), enriched, cooked, spinach	433	Rolls, hamburger or hotdog	470
NUTRI GRAIN CEREAL Bar, fruit	434	Spaghetti, cooked, enriched	471
Oat bran, uncooked	435	Spagetti, whole wheat	472
Pancakes frozen, ready	436	Sweet rolls, cinnamon, with raisins,	
Pancakes, complete mix	437	Commercial	473
Pancakes, mix, 2% milk, egg & oil	438	Sweet rolls, cinnamon, refrigerated Dough, baked, with frosting	474

FOOD NAME	FOOD#	FOOD NAME	FOOD#
<b>GRAIN PRODUCTS CONT.</b>			
Taco shell, baked	475	Black eyed peas, dry, cooked	506
Tapioca, pearl, dry	476	Black eyed peas, dry, canned.	
Toaster pastries, fruit	477	Solids & liquids	507
Toaster pastries, low fat	478	Brazil nuts, shelled	508
Tortilla chips, plain, regular	479	Carob flour	509
Tortilla chips, low fat, baked	480	Cashews, salted, oil roasted	510
Tortilla chip, nacho, regular	481	Cashews, salted, oil roasted	511
Tortilla chip, nacho, light, reduced fat	482	Chestnuts, European, roasted, shelled	512
Tortilla, ready to cook, corn	483	Chickpeas, dry, cooked	513
Tortilla, ready to cook, flour	484	Chickpeas, dry, canned, solids & liquids	514
Waffles, plain, recipe	485	Coconut, raw, shredded, not packed	515
Waffles, plain, frozen, toasted	486	Coconut, raw, shredded, dried,	
Waffles, plain, low fat	487	sweetened	516
Wheat flours, all purpose		Hazelnuts, chopped	517
Enriched, sifted, spooned	488	Hummas, commercial	518
Wheat flours, all purpose,		Lentils, dry, cooked	519
Enriched, unsifted, spooned	489	Macadamia nuts, dry roasted, salted	520
Bread, enriched	490	Peanuts, dry roasted	521
Cake or pastry flour, enriched,		Peanuts, oil roasted	522
Unsifted, spooned	491	Peanuts, dry roasted, salted	523
Self rising, enriched, unsifted, spooned	492	Peanuts, dry roasted, unsalted	524
Whole wheat, hard wheats, stirred,		Peanuts, oil roasted, salted	525
Spooned	493	Peanut butter, regular, smooth	526
Wheat germ, toasted, plain	494	Peanut butter, regular, chunk	527
		Peanut butter, reduced fat, smooth	528
<b>LEGUMES, NUTS &amp; SEEDS</b>		Peas, split, dry, cooked	529
Almonds, shelled	495	Pecan halves	530
Beans, dry, cooked		Pine nuts, shelled	531
Black	496	Pistachio nuts, dry roasted, salt, shelled	532
Great Northern	497	Pumpkin kernels, roasted, salt	533
Kidney, red	498	Refried beans, canned	534
Lima, large	499	Sesame seeds	535
Pea, navy	500	Soybeans, dry, cooked	536
Pinto	501	Soy products	
Canned, solids & liquid		Miso	537
Baked beans, plain or vegetarian	502	Soy milk	538
Kidney, red	503	Tofu, firm	539
Lima, large	504	Tofu, soft	540
White	505	Sunflower seed, dry roasted, salt	541

FOOD NAME	FOOD#	FOOD NAME	FOOD#
Tahini	542	Cooked ham, extra lean	578
Walnuts, English, chopped	543	Frankfurter, beef & pork	579
<b>MEAT &amp; MEAT PRODUCTS</b>		Frankfurter, beef	580
Beef cooked, cuts braised or pot roast		Pork sausage, cooked, link	581
Lean & fat	544	Pork sausage, cooked, patty	582
Lean only	545	Salami, beef & Pork, cooked	583
Beef cooked, bottom round		Salami, beef & pork, dry	584
Lean & fat	546	Vienna sausage	585
Lean only	547	Veal, lean & fat, cooked, outlet braised	586
Ground beef, broiled		<b>MIXED DISHES &amp; FAST FOODS</b>	
83% lean	548	Beef macaroni, frozen	
79% lean	549	<b>HEALTHY CHOICE</b>	587
73% lean	550	Beef stew, canned	588
Liver, fried, sliver	551	Chicken pot pie, frozen	589
Roast, oven cooked, rib, lean & fat	552	Chili con carne with Beans, canned	590
Roast, oven cooked, rib, lean only	553	Macaroni & cheese, canned.	
Eye of round, lean & fat	554	With corn oil	591
Eye of round, lean only	555	Meatless burger patty, frozen,	
Steak, sirloin, broiled, piece, lean & fat	556	<b>MORNINGSTAR FARMS</b>	592
Steak, sirloin, broiled, piece, lean only	557	Spaghetti bolognese, frozen	
Beef, canned, corned	558	<b>HEALTHY CHOICE</b>	593
Beef, dried, chopped	559	Spinach soufflé, home-prepared	594
Lamb cooked		Tortellini, pasta with cheese filling, frozen	595
Chops, lean & fat	560	Fast foods, breakfast items	
Chops, lean only	561	Biscuit with egg & sausage	596
Loin broiled, lean & fat	562	Danish pastry, fruit	597
Loin broiled, lean only	563	Danish pastry, cheese	598
Leg, roasted, lean & fat	564	French toast with butter	599
Pork, cured, cooked, bacon, regular	565	Hash brown potatoes	600
Pork, cured, cooked, bacon, Canadian	567	Pancakes, butter & syrup	601
Ham, lean & fat	568	Burrito, beans & cheese	602
Ham, canned	569	Burrito, beans & meat	603
Pork, fresh, cooked, lean & fat	570	Cheeseburger, regular with condiments	
Ham, leg, roasted, piece, lean & fat	571	Double patty, mayo type dressing	604
Rib roast, lean & fat	572	Single patty	605
Ribs, lean & fat, cooked, spare ribs	573	Cheeseburger, regular, plain	
Ribs, lean & fat, cooked, spare ribs, braised	574	Double patty	606
Sausages, Dutch Meat, Bologna, beef & pork	575	Double patty, 3-piece bun	607
Sausages, brown & serve, cooked	576	Single bun	608
Cooked ham, regular	577		



FOOD NAME	FOOD#	FOOD NAME	FOOD#
<b>MIXED DISHES &amp; FAST FOODS CONT</b>		<b>POULTRY &amp; POULTRY PRODUCTS</b>	
Cheeseburger, large with condiments		Chicken	
Single patty, with mayo type dressing & vegetables	609	Fried in shortening, meat with skin	
Chicken fillet (breaded & fried)		Batter dipped, breast, with bones	634
Sandwich, plain	610	Batter dipped, drumstick	635
Chicken pieces, boneless (breaded & fried), plain	611	Battered dipped, thigh	636
Chili con carne	612	Batter dipped, wing	637
Coleslaw	613	Flour coated, breast with bones	638
Ice milk, vanilla, soft, cone	614	Flour coated, drumstick	639
Sundae, hot fudge	615	Fried, meat only, dark	640
Fish sandwich, tartar sauce, cheese	616	Fried, meat only, light	641
French fries	617	Roasted, breast with bone & skin	642
Hamburger, regular with condiments		Roasted, drumstick	643
Double patty	618	Roasted, thigh	644
Single patty	619	Chicken giblets, summered	645
Large with condiments,		Duck, roasted, flesh	646
Mayo type dressing, vegetables		Turkey	
Double patty	620	Roasted, meat only, dark	647
Single patty	621	Roasted, meat only, light	648
Hot dog, plain	622	Ground, cooked, patty, from raw	649
Hot dog, chili	623	Turkey, giblets, summered	650
Mashed potatoes	624	Poultry food products	
Onion rings, breaded, fried	625	Cgucjebm cabbedm bibekess	651
Pizza, cheese	626	Turkey, patties, breaded or battered, fried	652
Pizza, pepperoni	627		
Salad, chicken, no dressing	628	<b>SOUP, SAUCES &amp; GRAVIES</b>	
Shake, chocolate	629	Soups canned, condensed,	
Shake, vanilla	630	Prepared with whole milk	
Shrimp, breaded, fried	631	Clam Chowder, New England	653
Sub sandwich, oil & vinegar, cheese,		Cream of Chicken	654
Salami, ham, vegetable	632	Cream of Mushroom	655
Sub sandwich, roast beef,		Tomato	657
Mayo, vegetable	633	Canned, condensed, prepared with water	
Sub sandwich, tuna salad,		Beef broth, bouillon	658
Mayo, lettuce	634	Beef noodle	659
Taco, beef	635	Chicken noodle	660
		Chicken & Rice	661
		Clam Chowder, Manhattan	662
		Cream of Chicken	663
		Cream of Mushroom	664

FOOD NAME	FOOD#	FOOD NAME	FOOD#
Minestrone	665	SUGARS & SWEETS	
Pea, green	666	Caramel, plain	699
Tomato	667	Caramel, chocolate flavored roll	700
Vegetable beef	668	Carob	701
Vegetarian vegetable	669	Chocolate, milk, plain	702
Canned, ready to serve, chunky		Chocolate, milk, with almonds	703
Chicken noodle	670	Chocolate, milk, with peanuts	
Chicken, vegetable	671	MR. GOODBAR(Hershey)	704
Vegetable beef	672	Chocolate ships, milk	705
Canned, ready to serve, low fat,		Chocolate chips, semisweet	706
Reduced sodium		Chocolate ships, white	707
Chicken broth	673	Chocolate coated, peanuts	708
Chicken noodle	674	Chocolate coated, raisins	709
Chicken, rice, vegetable	675	Gummy bears	710
Clam Chowder, New England	676	Hard candy	711
Lentil	677	Jelly beans	712
Minestrone	678	Marshmallows, miniature	713
Vegetable	679	Marshmallows, regular	714
Dehy drated unprepared		M&M's peanut(M&M MARS)	715
Beef bouillon	680	M&M's plain(M&M MARS)	716
Onion	681	Mikky Way (M&M MARS)	717
Dehydrated prepared with water		REESE'S Peanut butter cup(HERSHEY)	718
Chicken noodle	682	SNICKERS Bar(M&M MARS)	719
Onion	683	SPECIAL DARK, sweet chocolate	
Home prepared stock		(HERSHEY)	720
Beef	684	Frosting, ready to eat, chocolate	721
Chicken	685	Frosting, ready to eat, vanilla	722
Fish	686	Frozen, fruit & juice bar	723
Ready to serve sauces		Ice pop	724
Barbecue	687	Italian ices	725
Cheese	688	Gelatin, dessert powder & water, regular	726
Nacho Cheese	689	Gelatin, dessert powder & water	
Salsa	690	Reduced calorie	727
Soy	691	Honey	728
Spaghetti/marinara/pasta	692	Jams & Preserves	729
Teriyaki	693	Jellies	730
Worcestershire	694	Puddings	
Gravocs, Canned		Dry mix & 2% milk, chocolate, instant	731
Beef	695	Dry mix & 2% milk, chocolate,	
Chicken	696	Regular, cooked	732
Mushroom	697	Dry mix & 2% milk, vanilla, instant	733
Turkey	698	Dry mix & 2% milk, vanilla, regular, cooked	734

FOOD NAME	FOOD#	FOOD NAME	FOOD#
<b>SUGARS &amp; SWEETS CONT.</b>		<b>Beets</b>	
Ready to eat, regular, chocolate	735	Slices, cooked, drained	767
Ready to eat, regular, rice	736	Whole, cooked, drained	768
Ready to eat, regular, tapioca	737	Slices, canned, drained	769
Ready to eat, regular, vanilla	738	Whole, canned, drained	770
Ready to eat, fat free, chocolate	739	Greens, leaves & stems,	
Ready to eat, fat free, tapioca	740	Cooked, drained	771
Ready to eat, fat free vanilla	741	Black eyed peas, raw, cooked, drained	772
Sugar		Black eyed peas, frozen, cooked, drained	773
Brown, packed	742	Broccole	
Brown, packed	743	Raw, chopped or diced	774
White, granulated	744	Raw, spear	775
White, powdered, unsifted	745	Raw, flower cluster	776
Syrup		Raw, cooked, drained, chopped	778
Thin, chocolate flavored	746	Raw, cooked, drained, chopped	779
Chocolate flavored, fudge type	747	Frozen, drained, chopped	780
Corn, light	748	Brussel sprouts, raw, cooked, drained	781
Maple	749	Brussel sprouts, frozen, cooked, drained	782
Molasses	750	Cabbage, raw, shredded	783
<b>VEGETABLES &amp; VEGETABLE PRODUCTS</b>		Cabbage, cooked	784
Alfalfa sprouts, raw	751	Cabbage, Chinese, shredded,	
Artichokes, cooked, drained	752	Cooked, drained	
Asparagus, raw, cooked, drained	753	Pak choi or bok choy	785
Asparagus, frozen, cooked, drained	754	Pe tsai	786
Asparagus, canned, spears, drained	755	Cabbage, red, raw, shredded	787
Bamboo shoots, canned, drained	756	Cabbage, savoy, raw, shredded	788
Beans		Carrots	
Lima, ford Hooks, frozen		Carrot juice, canned	789
Cooked, drained	757	Raw	790
Lima, baby, frozen, cooked, drained	758	Baby	791
Snap, green, raw, cooked, drained	759	Raw, cooked, sliced, drained	792
Snap, yellow, raw, cooked, drained	760	Frozen, cooked, sliced, drained	793
Snap, green, frozen, cooked, drained	761	Canned, sliced, drained	794
Snap, yellow, frozen, cooked, drained	762	Cauliflower	
Snap, green, canned, drained	763	Raw	795
Snap, yellow, canned, drained	764	Raw, cooked, drained	796
Bean sprouts, raw	765	Frozen, cooked, drained	797
Bean sprouts, cooked, drained	766	Celery	
		Raw, stalk	798
		Pieces, diced	799
		Cooked, drained, stalk	800
		Chives, raw, chopped	801
		Cilantro, raw	802
		Coleslaw, home prepared	803

FOOD NAME	FOOD#	FOOD NAME	FOOD#
Collards, cooked, drained, chopped, raw	804	Raw, cooked, drained	841
Collards, frozen; cooked, drained, chopped	805	Dehydrated flakes	842
Corn, sweet, yellow (cooked & drained)		Spring, raw	843
Raw, kernels on cob	806	Parsnips, sliced, cooked, drained	844
Frozen, kernels on cob	807	Parsnips, sliced, cooked, drained	845
Kernels	808	Peas, edible pod, raw; cooked, drained	846
Canned, cream style	809	Peas, edible pod, frozen; cooked, drained	847
Canned, whole kernel	810	Peas, green, canned, drained	848
Corn, sweet, white, cooked, drained	811	Peas, green, frozen, boiled, drain	849
Cucumber, peeled	812	Peppers	
Cucumber, unpeeled	813	Hot chili, raw, green	850
Dandelion greens, cooked, drained	814	Hot chili, raw, red	851
Dill weed, raw	815	Jalapenos	
Eggplant, cooked, drained	816	Canned, Sliced, solids, liquid	852
Endive, curly (Incl. Escarole), raw		Sweet, raw, green, chopped	853
Small pieces	817	Sweet, raw, red, chopped	854
Garlic, raw	818	Cooked, drained, chopped, green	855
Hearts of palm, canned	819	Cooked, drained, chopped, red	856
Jerusalem artichoke, raw, sliced	820	Pimentos, canned	857
Kale, cooked, drained, chopped, raw	821	Potatoes	
Kale, frozen; cooked, drained, chopped	822	Baked with skin	858
Kohlrabi, cooked, drained, slices	823	Baked, flesh only	859
Leeks, bulb & lower leaf, chopped,		Baked, skin only	860
Diced, cooked, drained	824	Peeled after boiling	861
Lettuce, raw (Butterhead, Boston types)	825	Peeled before boiling	862
Crisphead, iceberg, leaf	826	Potato products	
Crisphead, iceberg	827	Au gratin, dry mix, whole milk, butter	863
Loosleaf, leaf	828	Au gratin, dry mix, whole milk, butter	864
Loosleaf, pieces, shredded	829	French fried, frozen, oven heated	865
Romaine of cos, inner leaf	830	Hashed brown, frozen	866
Romaine of cos, pieces, shredded	831	Hashed brown, home recipe	867
Mushrooms		Mashed, dehydrated flakes, whole	
Raw	832	Milk, butter, salt	868
Cooked, drained	833	Mashed, home recipe, whole milk	869
Canned, drained	834	Mashed, home recipe, whole milk & margarine	870
Shitake, cooked	835	Potato pancakes, home prepared	871
Shitake, dried	836	Potato salad, home prepared	872
Mustard greens, cooked, drained	837	Scalloped, dry mix, whole milk, butter	873
Okra, raw; sliced, cooked, drained	838	Scalloped, home recipe, butter	874
Okra, frozen; sliced, cooked, drained	839	Pumpkin, cooked, mashed	875
Onions		Pumpkin, canned	876
Raw	840		

FOOD NAME	FOOD#	FOOD NAME	FOOD#
<b>VEGETABLES&amp; VEGETABLE PRODUCTS CONT.</b>			
Radishes, raw	877	Vegetables, mixed, frozen, cooked, drained	910
Rutabagas, cooked, drained, cooked	878	Waterchestnuts, canned, slices, slices, solids, liquid	911
Sauerkraut, canned, solids, liquid	879	<b>MISCELLANEOUS ITEMS</b>	
Seaweed, Kelp, raw	880	Bacon bits	912
Seaweed, Spirulina, dried	881	Baking powder, sodium aluminum sulfate	913
Shallots, raw, chopped	882	Baking powder, straight phosphate	914
Shallots, raw, chopped	883	Baking powder, low sodium	915
Spinach		Baking soda	916
Raw	884	Catsup	917
Raw; cooked, drained	885	Celery seed	918
Frozen; cooked, drained	886	Chili powder	919
Canned, drained, pieces	887	Chocolate, unsweetened, baking, solid	920
Squash		Chocolate, unsweetened, baking, liquid	921
Summer, sliced, raw	888	Cinnamon	922
Cooked, drained	889	Cocoa powder, unsweetened	923
Winter, baked, cubes	890	Cream of Tartar	924
Butternut, frozen, cooked, mash	891	Curry powder	925
Sweet potatoes		Garlic powder	926
Cooked, baked with skin	892	Horseradish, prepared	927
Boiled, without skin	893	Mustard, prepared, yellow	928
Candied	894	Olives, canned, pickled, green	929
Canned, syrup pack, drained	895	Olives, canned, ripe, black	930
Tomatoes		Onion powder	931
Raw	896	Oregano, ground	932
Cherry	897	Paprika	933
Canned, solids, liquid	898	Parsley, dried	934
Sundried, plain	899	Pepper, black	935
Tomato juice, canned, salt	900	Pickles(cucumber), dill, whole	936
Canned, paste	901	Pickle relish, sweet	937
Canned, puree	902	Potato chips, plain, salted	938
Canned, sauce	903	Potato chips, sour cream & onion	939
Canned, stewed	904	Potato chips, reduced fat	940
Turnips, cooked, cubed	905	Potato chips, fat free	941
Turnip greens, raw, cooked, drained	906	Vanilla extract	942
Turnip greens, frozen, cooked, drained	907	Vinegar, cider	943
Vegetable juice, cocktail, canned	908	Vinegar, distilled	944
Vegetables, mixed, canned, drained	909	Yeast, dry, active	945
		Yeast, compressed	946

## **MAVERICK LIMITED 1 YEAR WARRANTY**

Maverick Industries Inc. warrants this product to be free of defects in parts, materials and workmanship for a period of 1 year, from date of purchase. Should any repairs or servicing under this warranty be required, contact Maverick Customer Service by mail or phone for instructions on how to pack and ship the product to Maverick's National Service Center located as follows:

Maverick Customer Service  
94 Mayfield Ave.  
Edison NJ 08837

Telephone: (732) 417-9666

Hours: Weekdays 8:30 AM- 4:30 PM

Do not send any parts or product to Maverick without calling and obtaining a Return Authorization Number and instructions.

This warranty is VOID if instructions for use are not followed; for accidental damage; for commercial use; for damage incurred while in transit; or if the scale has been tampered with.

This warranty gives you specific legal rights and you may also have other rights which vary from state to state.

[www.maverickhousewares.com](http://www.maverickhousewares.com)